



# Safe Patient Handling App

## *Quick Start Guide*

**VA**



U.S. Department of Veterans Affairs

Veterans Health Administration  
Office of Connected Care

**August 2016**



## Overview

For both Department of Veterans Affairs (VA) and non-VA care teams, particularly direct care providers including nurses, physical medicine and rehabilitation (PM&R) specialists and Imaging staff, the Safe Patient Handling App provides evidence-based Safe Patient Handling and Mobility (SPHM) techniques to help provide the safest care possible to patients. The app offers a blend of knowledge and tools to prevent injury of both health care professionals and the patients they care for by incorporating patient assessments, scoring tools, algorithms, equipment guides, videos for training and peer leader activity checklists. The information in this app offers the current best practices in SPHM at the point of care, preventing injury and improving interactions between patients and health care professionals.

**NOTE:** The advice within this app has been compiled by the VA. Others are welcome to use this app based upon their specific governance approval. Use of this tool should be considered as guidance and not substituted for professional clinical judgment. It is the responsibility of the health care professional using this app to make use of the guidance based upon the specific circumstances of the individual patient.

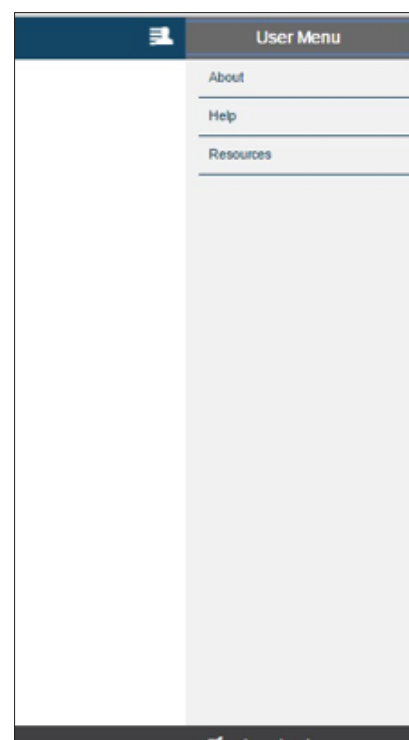
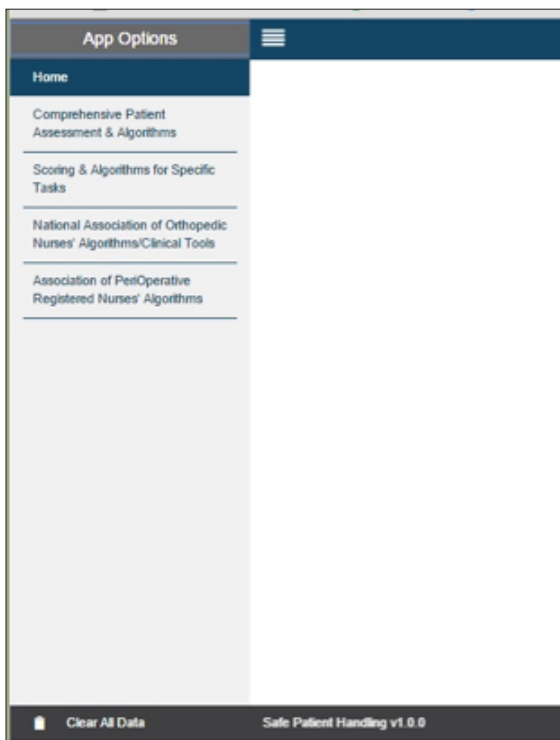
## 1

## Getting to Know the Screen

When you access the Safe Patient Handling App, you will first see the Home screen, which gives you an overview of the information available in the app. In the upper corners, there are two menus that help you navigate the app:

- App Options (four-line icon in upper left corner) allows you to access:
  - Home
  - Comprehensive Patient Assessment & Algorithms
  - Scoring & Algorithms for Specific Tasks
  - National Association of Orthopedic Nurses' (NAON) Algorithms/Clinical Tools (NAON)
  - Association of PeriOperative Registered Nurses' (AORN) Algorithms
  - Clear All Data
- User Menu (four-line icon with a silhouette in upper right corner) allows you to access:
  - About – an app overview and features explanation, End User License Agreement (EULA), Mobile Training URL and Acknowledgements
  - Help – a built-in User Guide, a Help Desk number and feedback link
  - Resources – AORN information, glossary, kits, NAON information, Training Guides and Websites
  - VA Launchpad

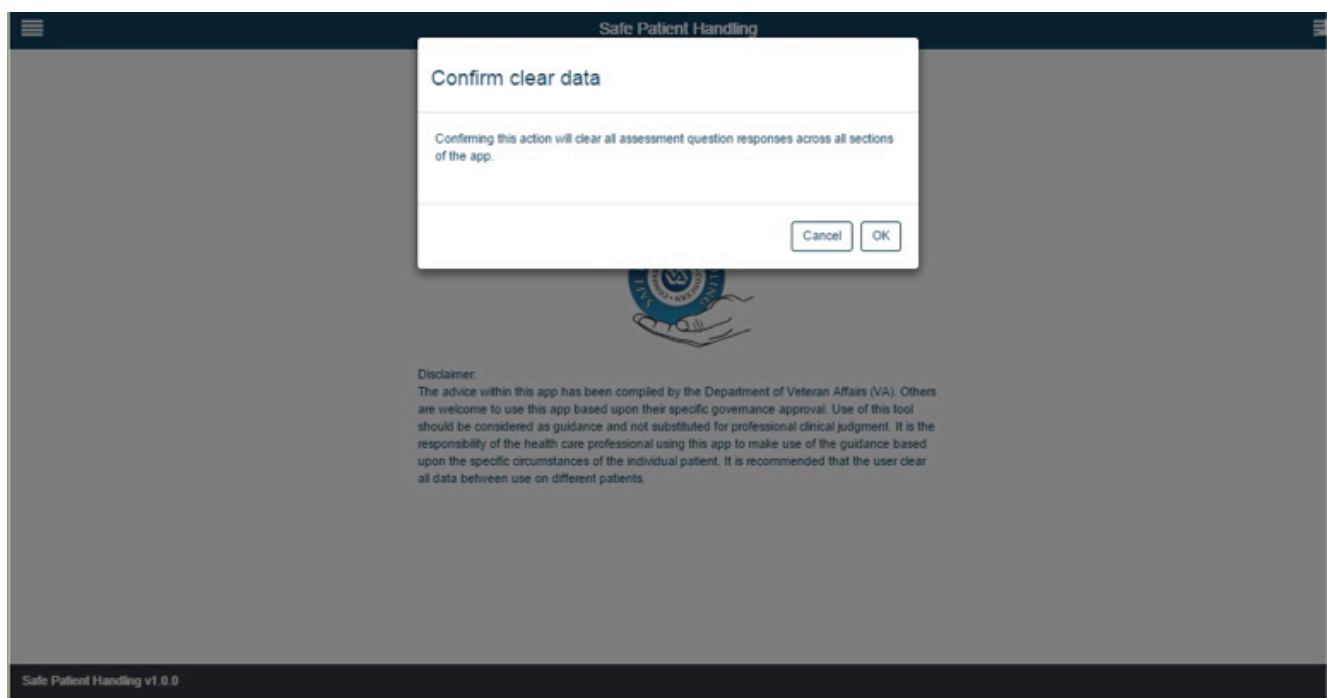
Tap the icons to access each menu, which will slide out from the sides of your screen. To close the menus, tap the icons again or tap the center of the screen.



## 2

## Clearing All Data

As you go through the app, you will have options to take assessments or questionnaires about your patient's health and level of mobility. The answers to the assessments will remain until you have chosen to clear the answers. To clear all data, tap the App Options Menu (four-line icon in the upper left corner) and a slide-out menu will appear. Tap **Clear All Data** at the bottom of the menu and a pop-up Confirm clear data box will appear. Tap **OK** (or to close without clearing, tap **Cancel**). **NOTE:** Be sure to clear all data between using the app with different patients.



## 3

## Using Comprehensive Patient Assessment and Algorithms

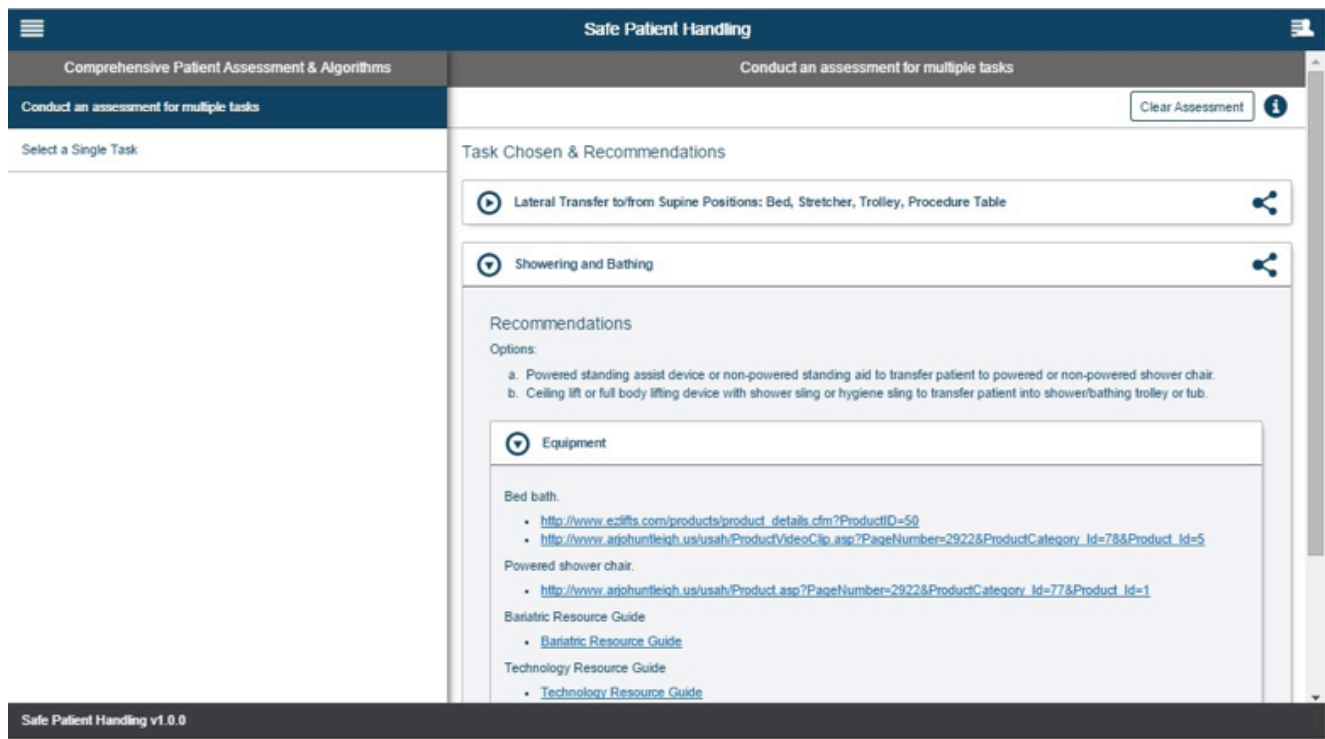
This section will help you determine the mobility and independence of your patient, assess their ability to perform certain tasks, and choose the safest patient handling methods and equipment that might be needed to assist the patient. You can assess your patient's ability to perform multiple tasks or specific tasks by answering a series of questions, and based on your answers the assessments' algorithms will provide you with recommendations.

To complete the assessment, tap the App Options menu (four-line icon in the upper left corner) and a slide-out menu will appear.

Tap **Comprehensive Patient Assessment & Algorithms** and then tap either **Conduct an assessment for multiple tasks** or **Select a Single Task**.

- If you choose to conduct an assessment for multiple tasks, the assessment will appear in the right pane of your screen. Answer the questions by tapping the circles next to the appropriate answers for your patient, and then tap **Next: Select one or more tasks** at the bottom of the screen and you will go to a Task List screen where you can select the tasks about which you would like recommendations and diagrams.
- If you choose to select a single task, you will go directly to the Task List.

Tap the checkbox(es) next to the task(s) your patient needs to perform, and then tap **Get Recommendations** at the bottom of the screen. You will go to a Task Chosen & Recommendations screen where you will see the topic(s) you have selected. Tap the heading of a topic for more information.



## 4

## Using Scoring Algorithms for Specific Tasks

This section allows you to calculate a patient handling functional score for individual patients based on their mobility and the specific task they need to perform. You can then use that score to see recommended processes and equipment for that task.

Tap the App Options menu (four-line icon in the upper left corner) and a slide-out menu will appear. Tap **Scoring & Algorithms for Specific Tasks**, and then tap the task you would like to evaluate and an assessment will appear in the right pane of your screen based on the task you have chosen. Answer the questions by tapping the circles next to the appropriate answers for your patient, and then tap **Calculate Score**. You will go to a Task Chosen & Recommendations screen, where you will see the patient's score and the recommendations for how to approach a task based upon your patient's score. Tap the heading of the task for more information.

**Safe Patient Handling**

**Scoring & Algorithms for Specific Tasks**

Transfer: Bed to Chair, Chair to Toilet, Chair to Chair, Car to Chair

Lateral Transfer to & From: Bed to Stretcher/Trolley

Transfer To & From: Chair to Stretcher or Chair to Exam Table

**Reposition up in Bed: Side to Side, Up in Bed**

Reposition in Chair: Wheelchair & Dependency Chair

Transfer a Patient up from floor

**Reposition up in Bed: Side to Side, Up in Bed**

Score 4 Clear Assessment

1. Patient's Level of Assistance:
  - ☐ No Help Needed – The patient is independent, standby for safety only, needs no staff assist
  - ☐ The patient needs minimal to moderate help, light touch, verbal cues – Staff is required to lift <35 #
  - ☒ Dependent—Patient requires staff to lift > 35# or the patient has unpredictable strength/high risk for fall during the reposition. In this case assistive devices need to be used for safe moves.
2. Lower extremity ability to bear weight
  - ☐ Bilateral Weight Bearing
  - ☐ Bilateral but the legs are weak
  - ☒ Unilateral weight bearing
  - ☐ None (Inconsistent = none)
3. Upper Extremity Strength and Hand grasp
  - ☐ Bilateral strength and hand grasp present
  - ☐ Bilateral but the arms are weak
  - ☒ Unilateral Upper extremity Strength/grasp
  - ☐ No upper body strength/ability to grasp
4. Does the patient understand direction, cooperate, and follow simple commands?
  - ☐ Yes
  - ☒ No (Highly Unpredictable, behavior varies. Obtain new score prior to every move)
  - ☐ Combative during hands on care/transfers
5. Height and Weight Score
  - ☒ Over 200 pounds or 6 feet tall and currently has mobility issues —(if the patient has a BMI over 50 or weighs over 300 pounds consider using the

Safe Patient Handling v1.0.0

## 5

## Learning about Orthopedic Tools

Tap the App Options menu (four-line icon in the upper left corner) and a slide-out menu will appear. Tap **National Association of Orthopedic Nurses' Algorithms/Clinical Tools**, and you will see information about orthopedic clinical tools and assessments. To visit the NAON website, tap the hyperlink, which will open in a new window.

## 6

## Learning about Perioperative Tools

Tap the App Options menu (four-line icon in the upper left corner) and a slide-out menu will appear. Tap **Association of PeriOperative Registered Nurses' Algorithms** and you will see information about perioperative clinical tools. To visit the AORN website, tap the hyperlink, which will open in a new window.

# Help and Additional Information

## Additional training materials for the Safe Patient Handling App

More resources, such as a User Manual, Slideshow and FAQs, can be found on [mobile.va.gov/appstore](http://mobile.va.gov/appstore), and search for the app to access the resources. You can access these materials directly by tapping the User Menu (four-line icon with a silhouette in the upper right corner), and a slide-out menu will appear. Tap **About**, and tap the VA Training hyperlink.

## Help Desk information

If you need assistance with the Safe Patient Handling App, dial **1-844-482-6624** to speak with a VA representative. The Help Desk is open weekdays from 7 a.m. to 7 p.m. CT. For TTY assistance, dial 711.

## Emergencies

If you feel that your information may have been compromised, contact your local VA facility to obtain the contact information for your Privacy Officer. To locate your local VA facility, visit VA's Facility Locator: <http://www.va.gov/directory/guide/home.asp?isflash=1>. Note that you should never use this app in an emergency situation. If you encounter an emergency, call your local medical center or dial 911.